

# THE CHILD CARE HEALTH CONNECTION

Health, Safety and Nutrition News  
from the Child Care Health Program



A Program of Public Health - Seattle & King County

## CLASS SCHEDULE September 2005

Vol. 4 No. 9

DATE	TIME	CLASS	LOCATION	PAYMENT
9/1/05 Thursday	6:30 PM – 9:00 PM	<b>First Aid for Child Care Providers</b> ☆ Please arrive on time because the door will be locked at 6:45.	<b>Child Care Health*</b> <b>Public Health-Seattle &amp; King Co.</b> 1916 Boren 2 <sup>nd</sup> floor Seattle 98101 For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$16</b> Please make checks payable to: SKCDPH
9/2/05 Friday	9:00 AM – 10:30	<b>Bloodborne Pathogens/HIV/AIDS</b>	<b>Wallingford Boys &amp; Girls Club at Sacajawea Elementary School</b> 9501 – 20 <sup>th</sup> Ave. NE Seattle 98115 For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$10</b> Please make checks payable to: SKCDPH
9/8/05 Thursday	7:00 PM – 9:00 PM	<b>Bloodborne Pathogens/HIV/AIDS</b>	<b>Discovery World Learning Center</b> 22038 – 9 <sup>th</sup> Ave. South Des Moines 98198 For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$10</b> Please make checks payable to: SKCDPH
<b>Announcing the second of a series of 3 classes for child care cooks and others involved in food planning and preparation! Please see September 10 class below, and page 3 for information about the series.</b>				
9/10/05 Saturday	9:00 AM – 12:00 Noon	<b>* 3 STARS CREDITS*</b> <b>Food Safety and Sanitation: Cleaning Products in the Kitchen</b>	<b>Eastgate Public Health Center</b> 14350 SE Eastgate Way Bellevue 98007 For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$24</b> Please make checks payable to: SKCDPH

\*1916 Boren is next to Dollar Rent-A-Car between Stewart St. and Virginia St. (west of I-5 and a few blocks from REI). Parking is available in nearby lots for \$2 or on the street (meters are free after 6 PM).



DATE	TIME	CLASS	LOCATION	PAYMENT
9/13/05 Tuesday	7:00 PM – 9:00 PM	<b>* 2 STARS CREDITS*</b> <b>Asthma and Allergies: What you need to know, completing a health plan...</b>	<b>Sonship Christian School</b> <b>24905 Witte Road SE</b> <b>Maple Valley 98038</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$16</b> Please make checks payable to: <b>SKCDPH</b>
9/14/05 Wednesday	7:00 PM – 9:00 PM	<b>Bloodborne Pathogens/HIV/AIDS</b>	<b>Eastgate Public Health Center</b> <b>14350 SE Eastgate Way</b> <b>Bellevue 98007</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$10</b> Please make checks payable to: <b>SKCDPH</b>

**Registration is now open for these October classes:**

<b>October</b> 10/6/05 Thursday	6:30 PM – 9:00 PM	<b>First Aid for Child Care Providers</b> ☆ Please arrive on time because the door will be locked at 6:45.	<b>Child Care Health*</b> <b>Public Health-Seattle &amp; King Co.</b> <b>1916 Boren 2<sup>nd</sup> floor Seattle 98101</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$16</b> Please make checks payable to: <b>SKCDPH</b>
<b>October</b> <b>PART 1</b> <b>10/10/05</b> <b>Monday</b> <b>and</b> <b>PART 2</b> <b>10/17/05</b> <b>Monday</b>	7:00 PM – 9:30 PM	<b>*5 STARS CREDITS*</b> <b>Diabetes in Child Care: Basics, care plans, menu planning, social emotional challenges and more...</b>  <b>This is a 2 session class. Please plan to attend both sessions.</b>	<b>Eastgate Public Health Center</b> <b>14350 SE Eastgate Way</b> <b>Bellevue 98007</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$40</b> Please make checks payable to: <b>SKCDPH</b>
<b>Announcing the third in a series of 3 classes for child care cooks and others involved in food planning and preparation! Please see October 15 class below, and page 3 for information about the series.</b>				
<b>October</b> 10/15/05 Saturday	9 am – 12 Noon	<b>*3 STARS CREDITS*</b> <b>A Workable Kitchen in the Real World of Child Care</b> A class for child care cooks and others involved in food planning and preparation	<b>Eastgate Public Health Center</b> <b>14350 SE Eastgate Way</b> <b>Bellevue 98007</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$24</b> Please make checks payable to: <b>SKCDPH</b>

➤ **To register for a class, please use the registration form on p. 7.**

Pre-registration is required for all classes. Classes fill quickly so please send in the registration form and payment as soon as possible. If a class fills before we receive your registration, your check will be returned to you. If a money order or cashier's check is used as payment, we will issue a refund. Please see the back page of the newsletter for more information about registering for classes. To avoid disrupting the class, and to receive full credit, please try to arrive on time. We also request that you make other child care arrangements so that your attention can be focused on the class.





## Announcing...

# A series of three classes for child care cooks and others involved in menu planning and food preparation!

Saturday, August 20

### **Back to Basics and Menu Planning**

This class will include basics such as menu requirements and figuring how much food to prepare. Preparation of breakfast foods will also be covered.

Saturday, Sept. 10

### **Food Safety and Sanitation: Cleaning Products in the Kitchen**

This class will include food safety, cleaning and sanitizing. The second half of the class will focus on strategies to incorporate special needs requirements into the menu. Preparation of snacks will also be covered.

### **Please note date change for 3<sup>rd</sup> class in the series:**

Saturday, Oct. 15

### **A Workable Kitchen in the Real World of Child Care**

This class will include information on effective and efficient use of the space and equipment you already have in your program. "Lunches on the go" will be the food preparation topic for this class.

Each class will offer 3 STARS credits and will be from 9:00 am to 12 noon. All classes will be held at:

Eastgate Public Health Center  
14350 SE Eastgate Way  
Bellevue 98007

Payment for each class is \$24. If you register and pay for all three classes before the first class (August 20), payment for the three classes is \$60 (a savings of \$12). However, If you are unable to attend one (or more) of the three and a refund or credit is made, you will be charged the \$24 rate for the classes you do attend.



# Ask the Child Care Health Team...



## Dear Child Care Team,

We have a 3 year old, new to our program, who doesn't listen and can't (or won't) follow the class routines. We've heard from another parent that he was asked to leave 2 other programs but when we talk to his mom she says he has no problems. What can we do?

- Concerned Child Care Provider

## Dear Concerned,

This brief questions raises concerns that child care providers have voiced for many years: Parents who don't tell providers about their children's problems and who "deny" the child has any problems. The parent is probably desperate for a stable child care situation for her child and is hoping that this new placement will work out. It is likely that they have left other centers feeling unsupported and even disliked or disrespected. Establishing a trusting and working partnership with this parent will be a challenge. At this point she probably does not feel "safe" enough to share the child's child care history. The parent may also not be willing to hear what she perceives as "negative" comments about her child. The task for you is to begin to build a good relationship with the parent.

Start by asking yourself what your commitment is to keeping the child in your program. If your program rarely dis-enrolls children, let the parent know that you are committed to keeping the child in your program. If you cannot commit to working with the child, try to help the parent locate a placement that will work. Either way, let the parent know she must commit to working as a team with teachers and other community supports if necessary.

If you commit to working with the child, work on building a relationship with the parent through positive comments and descriptive feedback about the child. This will be more effective than reports of the child's daily difficulties. Establish conference times to sit and discuss the child's progress. Describe the problems you see using descriptions of behavior instead of making judgement or coming to conclusions. These parent/teacher conferences can be brief, but should allow for the exchange of ideas and problem solving. Develop a plan to address the child's difficulties, including the use of outside community resources as needed. Remember that taking the time to establish a relationship with the parent is the most valuable thing you can do.

- Lenore Rubin, Ph.D.  
Child Psychologist

Information in this newsletter is available in alternate formats upon request by people with disabilities. Reasonable accommodations at workshops and trainings are available upon request by people with disabilities. For information call (206) 296-2770.



Ask the Child Care Health Team...

## Reportable Diseases

### What is a "Reportable Disease" and why do I need to report it to Public Health?

Child care providers are required to contact Public Health when a child in their care develops a "Reportable Disease." Most of these "Reportable Diseases" are communicable diseases, some of which are easily spread in child care programs. Public Health wants to know about these conditions so we can help keep other people from getting sick. A list of "Reportable Diseases" that might be found in child care is on the next page.

### A child in my program was just diagnosed with an infection with *E. coli* O157:H7, which is one of the "Reportable Diseases" (see previous). What will happen when I call Public Health to report it?

Public Health Communicable Disease staff will help you identify if other children or staff at your program are at risk for getting infected with *E. coli* O157:H7 . They will go over:

- ✓ **the symptoms of infection with *E. coli* O157:H7** (severe cramps, diarrhea, which is sometimes bloody)
- ✓ **how it is passed from one person to another** (contact with the stool from someone who is infected)
- ✓ **how long the person was contagious** (children are usually contagious for 2 to 3 weeks. In rare cases, they can be contagious for as long as 2 to 3 months).

**In addition Communicable Disease staff can also help you determine:**

- ✓ **How to prevent cases of *E. coli* O157:H7 infection among other children and staff** (handwashing, good diaper changing technique, disinfection of surfaces and toys)
- ✓ **How long the child must be excluded from child care** (until two stool tests show that the *E. coli* O157:H7 bacteria is gone)
- ✓ **If there are other children in the program who also have symptoms and should be checked by their doctor**

Public Health will usually provide you with a customized letter for you to distribute to other parents at your program. This letter would include symptoms of *E. coli* O157:H7 infection, and information about when parents should take a child to the doctor. **The child who was ill would not be identified.**

These resources (education, letters, factsheets, etc.) are available to you when you report any of the "Reportable Diseases" to Public Health.

### How do I report a "Reportable Disease" to Public Health?

Call (206) 296-4774. You can also call this number for general questions on communicable disease, even if it is not a "Reportable Disease." You can also call the Public Health's Child Care Health Program for advice: 206-296-2770.



## REPORTABLE DISEASES FOR CHILD CARE PROVIDERS

Because communicable diseases can spread quickly in child care settings, and because some of these diseases can be very serious in children, licensed child care providers in Washington are required to notify Public Health when they learn that a child has been diagnosed with one of the communicable diseases listed below (WAC 246-101-415<sup>1</sup>). **In addition, providers should also notify Public Health when an unusual number of children and/or staff are ill (for example, >10% of children in a center, most of the children in the toddler room), even if the disease is not on this list or has not yet been identified.**

**To report any of the following conditions, call Public Health at (206) 296-4774.**

Acquired immunodeficiency syndrome (AIDS)	Malaria
Animal bites	Measles
Arboviral disease (for example, West Nile virus)	Meningococcal disease
Botulism (foodborne, wound, or infant)	Mumps
Brucellosis	Paralytic shellfish poisoning
Campylobacteriosis	Pertussis
Cholera	Plague
Cryptosporidiosis	Poliomyelitis
Cyclosporiasis	Psittacosis
Diphtheria	Q fever
Diseases of suspected bioterrorism origin (including anthrax and smallpox)	Rabies and Rabies Exposures
Diseases of suspected foodborne origin	Rare diseases of public health significance
Diseases of suspected waterborne origin	Relapsing fever
Enterohemorrhagic <i>E. coli</i> , (including <i>E. coli</i> O157:H7 infection)	Rubella
Giardiasis	Salmonellosis
<i>Haemophilus influenzae</i> invasive disease	Sexually Transmitted Diseases (chancroid, gonorrhea, syphilis, genital herpes simplex, granuloma inguinale, lymphogranuloma venerium, <i>Chlamydia trachomatis</i> )
Hantavirus pulmonary syndrome	Shigellosis
Hemolytic uremic syndrome	Tetanus
Hepatitis A, acute	Trichinosis
Hepatitis B, acute	Tuberculosis
Hepatitis B, chronic	Tularemia
Hepatitis C, acute, or chronic	Typhus
Hepatitis, unspecified	Unexplained critical illness or death
HIV infection	Vibriosis
Immunization reactions, severe	Yellow fever
Legionellosis	Yersiniosis
Leptospirosis	
Listeriosis	
Lyme disease	

<sup>1</sup> **WAC 246-101-415 Responsibilities of child day care facilities.** Child day care facilities shall: (1) Notify the local health department of cases or suspected cases, or outbreaks and suspected outbreaks of notifiable conditions that may be associated with the child day care facility. (2) Consult with a health care provider or the local health department for information about the control and prevention of infectious or communicable disease, as necessary. (3) Cooperate with public health authorities in the investigation of cases and suspected cases, or outbreaks and suspected outbreaks of disease that may be associated with the child day care facility. (4) Child day care facilities shall establish and implement policies and procedures to maintain confidentiality related to medical information in their possession.





# CHILD CARE HEALTH PROGRAM CLASS REGISTRATION FORM



Class Name & Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone (work): \_\_\_\_\_ (home): \_\_\_\_\_

Your Address: \_\_\_\_\_ (zip code) \_\_\_\_\_

STARS ID Number: \_\_\_\_\_

Name of the child care program where you work: \_\_\_\_\_

Is this a center? \_\_\_\_\_ or a family child care home? \_\_\_\_\_ Program's phone #: \_\_\_\_\_

Program's e-mail address: \_\_\_\_\_

Is your program in Seattle? Yes  No  Number of children enrolled: \_\_\_\_\_

**Please Register Early! Enclose your payment & return this registration form to:  
Child Care Health Program – Class Registration – 1916 Boren Ave, Suite 200 Seattle, WA 98101**

✂ Please cut here .....

## IMPORTANT RECALL INFORMATION

There have been several recalls this past month that involve products relating to children. We are listing the products below and strongly encourage you to stop using them and visit the CPSC web site at [www.cpsc.gov](http://www.cpsc.gov) and click on "Recalls/news," or call the CPSC hotline at 1-800-638-2772 for detailed information on these recalls. **Information on recalled car seats and booster seats is posted on the website of the Safety Restraint Coalition, Washington's Child Passenger Safety Program: please visit [www.800BUCKLUP.org](http://www.800BUCKLUP.org).**

- **Children's Toy Trucks** imported by Target Corp., manufactured in China and sold at Target Stores nationwide from April 2005 - May 2005 for about \$5.
- **Duo Tandem and some MetroLite™ Strollers** manufactured by Graco Children's Products Inc. Duo Tandem Strollers were sold at discount, department and juvenile product stores nationwide from January 1994 through December 2000 for between \$80 and \$150. MetroLite were strollers sold at discount, department and juvenile product stores nationwide Nov. 2000 – Dec. 2002 for \$100 - \$200.
- **Mountain Buggy Urban Single and Urban Double Jogging Strollers** distributed by Sycamore Kids Inc., manufactured in New Zealand and sold at baby furniture and baby product stores nationwide and web retailers from December 2004 - July 2005 for \$400 - \$600.
- **Juvenile Folding Chairs** manufactured by Mecor Corp. and sold at furniture and wholesale club stores nationwide from July 2003 - May 2005 for \$25 - \$40.
- **Children's Folding Chairs** manufactured by Idea Nuova Inc. and sold at discount department and toy stores nationwide from September 2004 - June 2005 for \$15 - \$25 per set.
- **Kid's Folding Chairs** distributed by Fourstar Group Inc., made in China and sold at discount and grocery stores nationwide from July 2003 - July 2005 for about \$5 each or about \$25 for a set.
- **Baby Denim and Knit Jackets** manufactured by H&M of New York and sold at H&M retail stores nationwide from January 2005 - May 2005 for about \$15.
- **Classic Walker Wagon** imported by Radio Flyer Inc., made in China and sold at toy, department and discount stores, in catalogs, and by Web retailers from August 2003 through May 2005 for about \$80.





Child Care Health Program  
1916 Boren Ave., Suite 200  
Seattle, WA 98101-1467

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## Class Registration Information

Pre-registration is required. To register, please mail the registration form on page 7. **Classes fill quickly so send in the registration form and payment as soon as possible.** Please make your check payable to: SKCDPH (Seattle – King County Department of Public Health) & return the attached registration form along with your payment to:

Child Care Health Program – Class Registration

1916 Boren Ave, Suite #200, Seattle, WA 98101. If you have any questions, please call (206) 296-2770. Space is limited. Register early or call us at (206) 296-2770 to check for class openings. **Please check out our web site at <http://www.metrokc.gov/health/childcare>**

Child Care Health Program 1916 Boren Avenue, Suite 200 Seattle, WA 98101 (206) 296-2770

**Our office is in Seattle at 1916 Boren (between Stewart and Virginia) on the second floor.**

**The entrance is located on the southeast side of the building.**

### Our Class Cancellation Policy

- ☆ If we cancel a class (due to low enrollment, snow, or other reason) you may choose between receiving a refund or a credit toward another class.
- ☆ Remember, our classes fill quickly. If you register for a class and find you cannot attend, please notify us at (206) 296-2770 as soon as possible, so another child care provider can attend. You may be eligible for a credit toward another class.

